

back as 400 BC, Hippocrates recognized the spiritual impact on healing, so this idea that wellness is holistic is nothing new. But it does have some new spins to it.

What is meant by “the mind?” If your mind is in balance with your body and soul, you should be using your mind’s power to your best advantage, thinking clearly and making good decisions. If your body is exhausted and your soul is depressed, your mind will not function well.

What is meant by “the soul?” In the context of wellness, the soul and spirituality are important in the ability to develop healthy relationships, to communicate well with diverse others, and to express yourself using creativity.

What is meant by “the body?” For your body to be in balance with your mind and soul, you must exercise properly, get sufficient rest, engage in sports and physical activity, and have good eating habits and nutrition that fuel your body. If your body is functioning poorly, your mind and soul will, too.

Maintaining a healthy body, mind, and soul can be one of the most exciting and challenging aspects of your college career, as well as the rest of your life. If you achieve balance among all three of these important categories, you should feel optimistic, confident, and anticipative about what lies ahead for your future.

THE MIND’S EFFECT ON WELLNESS

How Strong Are the Hidden Powers of the Mind?

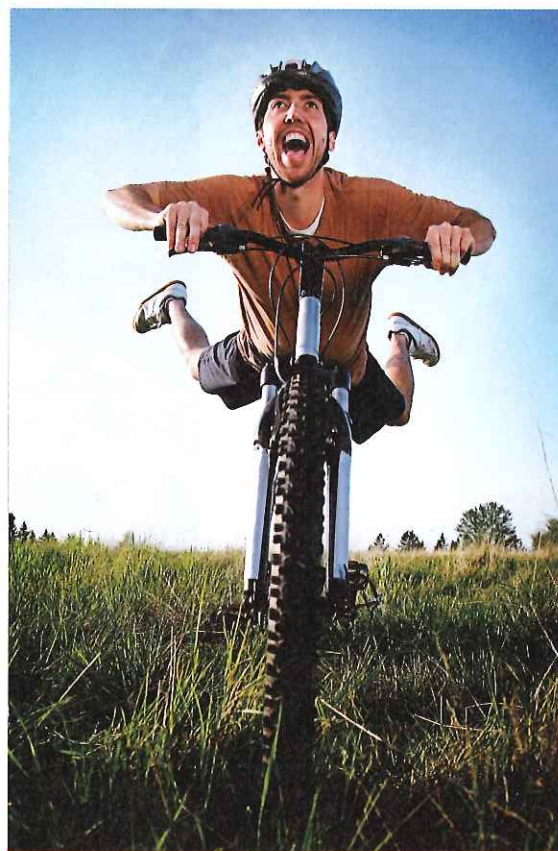
The mind is an incredibly complex organ. The health industry has not even begun to tap the awesome power the mind has over a person’s physical health. Very basic studies have shown that the mind is a vital link to physical health. Your emotions and mental thoughts play a tremendous role in how you approach your overall wellness program. Your emotional well being impacts all aspects of your general wellness and therefore is the platform for all health. People who are mentally healthy possess these qualities. They:

- Have a positive sense of self-worth
- Are determined to make an effort to be healthy
- Can love and have meaningful relationships
- Understand reality and the limitations placed on them
- Have compassion for others
- Understand that the world does not revolve around them

SILENT PROBLEMS OF THE MIND

Can Depression and Anxiety Disorders Be Controlled?

Depression is a term used to describe feelings ranging from feeling blue to utter hopelessness. The use of “I’m depressed” to mean “I’m sad” or “I’m down” is a far cry from the illness of clinical depression. Depression is a sickness that can creep up on an individual and render that person helpless if it is not detected and properly treated.



How can having a positive attitude help you feel better and perform at your best?